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A Prospective Analysis of Caregiver Burden in Patients with Peritoneal Dialysis Compared to Hemodialysis.

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Objectives : Peritoneal dialysis (PD), a home-based therapy, offers more flexibility and autonomy to patients than in-center hemodialysis (HD). However, there is sparse data on caregiver burden in these patients (compared to HD) from developing countries.

Methods : The study included caregivers of patients following up regularly in the dialysis clinic of a tertiary referral government hospital in Western India. Those established on a specific dialysis modality (PD or HD) for at least three months were enrolled. Patients requiring hospitalization for any intercurrent illness/dialysis complication were excluded. A modified Kuppaswamy scale was used to assess the family's socio-economic status. Zarit Caregiver Burden Scale (ZCBS), a 22-item questionnaire with a five-item response set, was administered to one caregiver of each enrolled patient. Predictors of burden were calculated using regression analysis.

Results : We included a total of 50 caregivers, out of which 20 were patients on PD and 30 were patients on HD. The mean age of PD caregivers was 35.4 ± 9.7 years, and 40% were females. The mean age of HD caregivers was 45.1 ± 13.5 years, and 50% were females. Low caregiver burden was seen in 65% of PD vs. 40% (p value = 0.08), mild to moderate burden was seen in 20% of PD versus 40% in HD (p -value = 0.13), moderate to severe burden was seen in 15% in PD vs. 20% in HD p value = 0.65. Access-related complications independently predicted moderate to severe burden. The caregiver's lower age independently predicted moderate to severe burden in the whole cohort (p = 0.015, RR 0.93 95%CI 0.85, 0.98).

Conclusions : Chronic dialysis is associated with significant caregivers with no difference in PD versus HD. Caregivers with lower age are at higher risk of moderate to severe caregiver burden.

Table 1. Demographic and burden details.png

Table 1: Demographic details and burden scores in patients

Parameters	Peritoneal Dialysis	Hemodialysis
Mean age of caregivers	35.4 ± 9.7 years	45.1 ± 13.5 years
Females (%)	40%	50%
Co-morbidities	HTN 12 [60%] T2DM 5 [25%] CVD 4[2%] Others 5[25%]	HTN 24 [80%] T2DM 4 [13%] CVD 5[16%] Others 6[20%]
Socio-economic class as per Kuppuswamy	16-25 (Upper Middle Class) 7 5-10 (Upper Lower Class) 6 11-15 (Lower Middle Class) 3 26-29 (Upper Class) 2 <5 (Lower) 2	16-25 (Upper Middle Class) 14 11-15 (Lower Middle Class) 8 5-10 (Upper Lower Class) 6 26-29 (Upper Class) 2
Education level of caregiver	Graduate 4 High school certificate 9 Middle school certificate 2 Primary school certificate 2 Illiterate 3	Professor or honors 1 Graduate 5 High school certificate 12 Middle school certificate 5 Primary school certificate 4 Illiterate 3
Caregiver Burden analysis (ZCBS)	Low [score ≤ 20] 13[65%] Mild to Moderate [score 21-40] 4[20%] Moderate to Severe [Score 41-60] 2[10%] Severe [Score 61-88] 1[5%] p-value for low burden – 0.08 p-value for mild to moderate burden 0.135 P value for moderate-severe burden – 0.65	Low 12[40%] Mild to Moderate 12[40%] Moderate to Severe 6[20%]

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